



COMPREHENSIVE SOLDIER FITNESS

STRONG MINDS ★ STRONG BODIES

ENHANCEMENT RESILIENCY TRAINING

GOAL BOOK

The courage to develop a personal vision,
the creativity to establish a plan, and the
guts to commit to the journey.

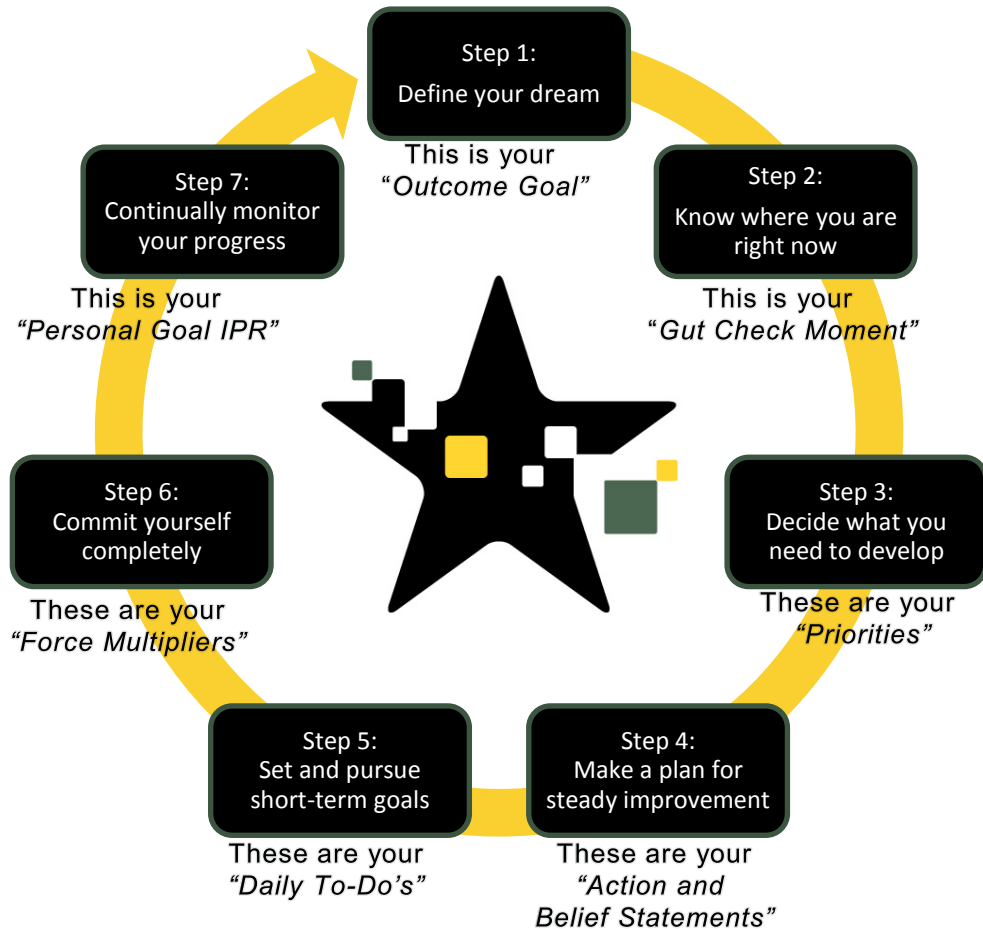


MENTAL STRENGTH FOR LIFE

Created by the Army Center for Enhanced Performance • 745A Brewerton Road
U.S. Military Academy • West Point, NY 10996 • 845.938.1705

Goal Setting:

Setting Your Sights on the 400m Target



KEY POINTS:

- ❑ Goal setting is a process that builds upon itself, as indicated by our circular model. This process encourages action and constantly changes as you change. As the Chinese proverb states, "Be not afraid of going slowly, be only afraid of standing still."
- ❑ Science has shown that goal setting is the most effective performance-enhancing strategy available to Soldiers.



GOAL SETTING WORKSHEET

Outcome Goal

Score 300 on my APFT

Priority Area

I physically & mentally prepare for the APFT

I eat a big meal two nights before the test, and eat a more modest meal the night before, focusing on plain foods, complex carbs, and hydration.

The night before, I carve out five to ten minutes to visualize myself executing my APFT test perfectly and achieving my goals.

I do a pre-combat check of all needed PT gear the night before so that I feel ready and relaxed in the morning.

I am fully equipped to crush my previous APFT score - I've done the hard work and now I "go all in" & reap the rewards!

Pain has become my new benchmark of success...The more it hurts, the better I'm doing.

"It's not the will to win, but the will to prepare that makes the difference, and I win the battle before it begins."

Action Statements

Belief Statements

Priority Area

I physically & mentally warm-up for the APFT

I prepare my muscles by flexing & stretching my chest, arms, & abs when standing in line.

I do an easy jog and some light stretching on the infield of the track before the run. I make sure I'm sweating before the run begins.

While warming up physically, I prepare my mind by creating positive images of success, motivating & confident self-talk, and a light-hearted intensity.

I would rather be confident than comfortable. I embrace my nerves and steer my butterflies to fly in formation.

I pay my dues now to reap the rewards later - Short term pain leads to long term satisfaction.

I start strong & finish stronger...The longer the workout, the better I get!

Action Statements

Belief Statements

Priority Area

I execute my physically & mentally APFT plan

Pills and Sills: I relax & let gravity do the work on the way down. I explode from the ground to halfway & my momentum finishes each rep.

For my run, I focus on running tall with my head still and level, eyes locked on my next target, arms loose and moving forward & backwards.

I use my cues religiously - "Fire the pistons" for PILS, "Crack the whip" for Sills, & "glide the stride" for my 12 minute run.

I work hard during events and recover smart between events, using my time between events to recharge and refocus.

I choose to suffer for 12 minutes rather than regret giving into a comfortable 14-min run. Short-term pain leads to long-term satisfaction.

My blistering pace and silky stride make a greyhound feel inadequate!

Action Statements

Belief Statements

Priority Area

Action Statements

Belief Statements



GOAL SETTING WORKSHEET

Outcome Goal _____



Priority Area

Action Statements

Belief Statements

Priority Area

Action Statements

Belief Statements

What image will you use, as a background for this goal sheet, to motivate you?

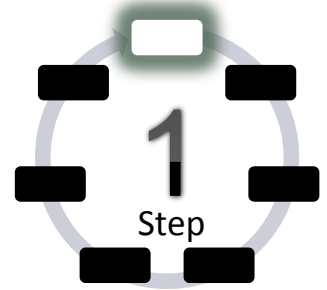
How will you trip over this goal sheet daily?

Define Your Dream

I'm in the best shape of my life!

The process begins with a powerful and personally meaningful dream goal

- Does it give you goose bumps when you envision it?
- Does it keep you awake at night because of excitement and anticipation?
- Does it send chills down your spine when you think about achieving it?



"The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it."

~ Michelangelo

Begin to define your dream. Ask yourself the following questions and be sensitive to the first thought or image that pops into your mind. This is a challenging yet crucial first step because it requires you to think creatively about what's really important to you. Your responses will be used to develop your Outcome Goal and its timeline.

- As a Soldier, family member, or civilian in the Army, what accomplishment or achievement would be worth your very best effort?

- For this year, what would you pursue if everything fell perfectly into place?

- Looking beyond your time spent as an Army Soldier, family member, or civilian, how do you want to be remembered?

Based on your brainstorming, identify your personally meaningful Outcome Goal that is worth pursuing this year and record it on the goal worksheet on page 3 on the appropriate line as seen below.

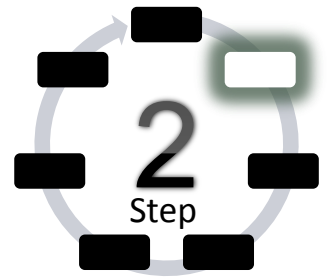
Outcome Goal Score 300 on my APFT

Score 300 on my APFT

Priority Area	Score 300 on my APFT	Priority Area	Score 300 on my APFT
<p><i>I physically & mentally prepare for the APFT</i></p> <p><i>I run 1.5 miles twice a week before the test, and eat a more modest meal the night before. I focus on deep breathing, cardio, and hydration. The night before, I come out five to ten minutes to visualize myself receiving my APFT score perfectly and achieving my goals.</i></p> <p><i>I am a personal coach of all around PT gear the night before on that I feel ready and relaxed in the morning.</i></p> <p><i>I am fully equipped to crush my previous APFT score - I've done the hard work and now I go all in & reap the rewards! Pain has become my new benchmark of success. The more it hurts, the better I'm doing.</i></p> <p><i>It's not the will to win, but the will to prepare that makes the difference, and I win the battle before it begins.</i></p>	<p><i>I execute my physically & mentally APFT plan</i></p> <p><i>Pits and Sits: I relax & let gravity do the work on the way down. I maintain from the ground to halfway & my momentum finishes each rep.</i></p> <p><i>For my run, I focus on running tall with my head still and keep my eyes locked on my next target, arms loose and moving forward & backward.</i></p> <p><i>I use my cues religiously: "Pit the pit" for Pits, "Crack the whip" for Sits & "Give the stride" for my 1.5 mile run.</i></p> <p><i>I work hard during workouts and recover smart between workouts, using my time between workouts to stretch and relax.</i></p> <p><i>I choose to suffer five minutes rather than regret going into a comfortable 15-min run. Short-term pain leads to long-term satisfaction.</i></p> <p><i>My blistering pace and silky stride make a phenomenal final impression!</i></p>		
<p><i>I physically & mentally warm-up for the APFT</i></p> <p><i>I prepare my muscles by flexing & stretching my chest, arms, & legs when standing in line.</i></p> <p><i>I do an easy jog and some light stretching on the infield of the track before the run. I make sure I'm sweating before the run begins.</i></p> <p><i>While warming up physically, I prepare my mind by creating positive images of success, including confident and happy and a light-hearted intensity.</i></p> <p><i>I would rather be confident than comfortable. I embrace my nerves and slow my heartbeat to fly in formation.</i></p> <p><i>I pay my dues now to reap the rewards later - Short-term pain leads to long-term satisfaction.</i></p> <p><i>I start strong & finish stronger. The longer the workout, the better I get!</i></p>	<p><i>I execute my physically & mentally APFT plan</i></p> <p><i>Pits and Sits: I relax & let gravity do the work on the way down. I maintain from the ground to halfway & my momentum finishes each rep.</i></p> <p><i>For my run, I focus on running tall with my head still and keep my eyes locked on my next target, arms loose and moving forward & backward.</i></p> <p><i>I use my cues religiously: "Pit the pit" for Pits, "Crack the whip" for Sits & "Give the stride" for my 1.5 mile run.</i></p> <p><i>I work hard during workouts and recover smart between workouts, using my time between workouts to stretch and relax.</i></p> <p><i>I choose to suffer five minutes rather than regret going into a comfortable 15-min run. Short-term pain leads to long-term satisfaction.</i></p> <p><i>My blistering pace and silky stride make a phenomenal final impression!</i></p>		

Know Where You are Right Now

Your goal “GUT CHECK,” requiring brutal objectivity.



“Fortunate, indeed, is the man who takes exactly the right measure of himself and holds a just balance between what he can acquire and what he can use.”

~ Peter Latham

This is where reality sets in. The time for dreaming big must be balanced with an objectively honest self-analysis about where you are at this very moment, what assets you have to leverage, and what limitations are standing in your way.

1. Where are you right now in relation to your Outcome Goal?

2. What strengths do you possess that will help you accomplish your Outcome Goal?

3. What skills and qualities are needed to accomplish your Outcome Goal?

4. What kinds of obstacles or challenges will likely get in your way?

5. Are your personal values congruent with your goal?

Decide What You Need to Develop



At this point, you have two important pieces of information: (a) the dream and corresponding Outcome Goal – where you want to go, and (b) the reality – where you are now. In order to achieve your Outcome Goal, there are some main areas of your life that will require immediate attention and improvement. These will become your “Big Rock” Priorities.

To begin closing the gap between where you are and where you want to go, you’ll have to focus your energy and effort on the activities and thoughts that will have the greatest benefit. You can identify these by answering the question: “What main areas of myself do I need to develop in order to help my dream come true?”

“Maxing” the Army Physical Fitness Test provides a simple example of setting Priorities. These might include (a) increasing upper body strength, (b) increasing abs/core strength, (c) improving 2-mile run time, and (d) developing a mentally tough mindset.



KEY POINTS:

- ☐ Priorities focus on larger, more general areas of your life that require your attention.
- ☐ Focus attention on current Priorities you can improve starting now.
- ☐ For additional ideas, review your answer to the previous question, “What skills and qualities are needed to accomplish my goal?”

For your Outcome Goal, identify three or four “Big Rock” Priority Areas and record them on page 3. These Priorities will direct your effort, energy, and attention to the right things in order to maximize goal success. Make an honest assessment of where you need to put your time and energy.



Priority Area

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Belief Statements

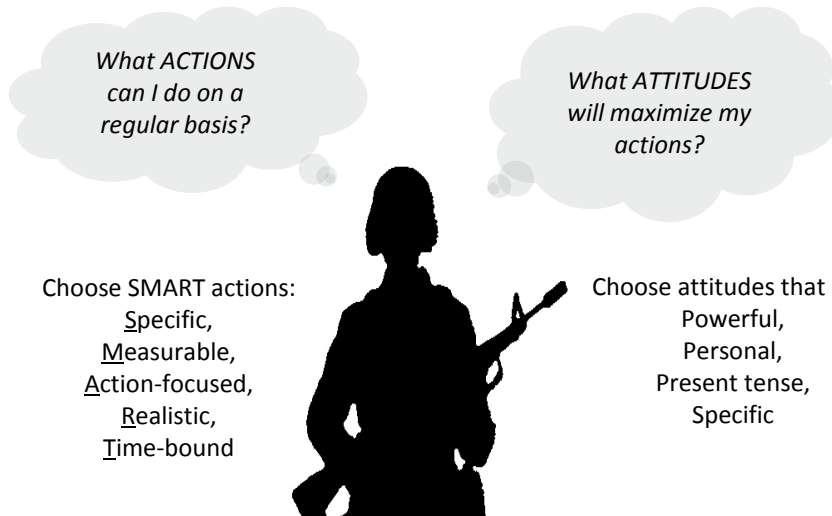
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I start strong & finish stronger...The longer the workout, the better I get!

Make a Plan for Steady Improvement

"If you fail to plan, then you plan to fail." ~ Proverb quote



Once Priorities are set, the next step is to identify the specific actions you will take in addressing them, as well as the attitude you will bring to the actions. Both are necessary to bring about meaningful change.

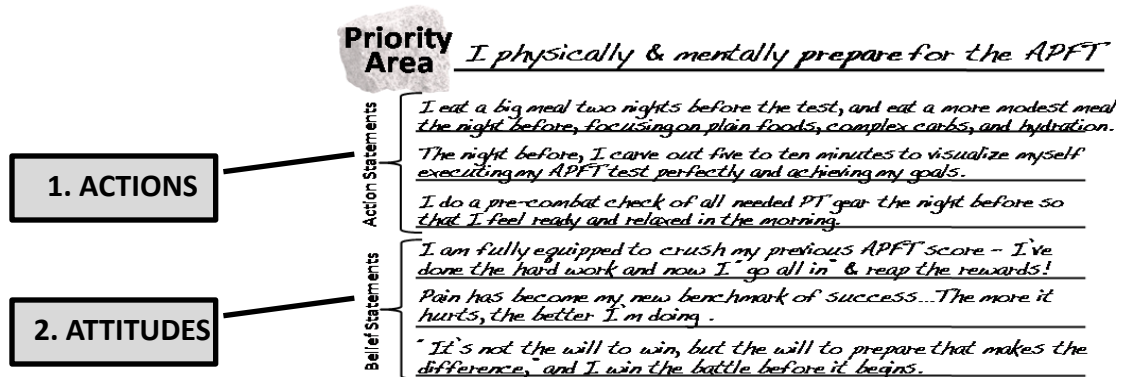


1. "What can I do on a regular and perhaps daily basis to address each of my chosen Priorities in order to help my dream come true?"

For example, if one of your Priorities is to improve your marriage, then a key action might be, "I go out of my way to do something special for my spouse once a week." Now, turn to your goal sheet on page 3 and identify two to three Action Statements that will help you accomplish EACH Priority Area, which in turn will make achieving your Outcome Goal possible.

2. "What must I believe about myself and my performance as I take these actions?"

Create powerful Belief Statements that describe how you want to be as a result of your actions, but phrase them in present tense, as if you already are that way. These Belief Statements intensify your actions. Now, turn to your goal sheet on page 3 and identify two to three Belief Statements for EACH Priority Area.



Set and Pursue Short-Term Goals

"Be not afraid of going slowly, be afraid only of standing still." ~ Chinese proverb

Now, it's time to get down and dirty with goal setting. You've already identified a personally meaningful Outcome Goal, corresponding Priorities, and both Action and Belief Statements for each Priority Area. It is both unrealistic and impossible to achieve every Action Statement and Belief Statement on the goal plan every day. Therefore, we must ensure that we set at least one daily goal that directs effort to some aspect of the goal plan by answering the question: "What will I do right now, ... Today?"



The vision you identified during Step #1 may take months or even years to realize, and to keep yourself excited and energized through this time period, short-term goals are critical to your success. Setting and achieving short-term goals provides you with immediate feedback. If your actions are not producing change, then you will know that it is time to rethink them.

There is no short-term goal more important than the one you make for today. The present moment is the only place where you have any true control, which means that your personal life and your Army career are

nothing more than the sum of all your "todays." Going to PT each morning with a specific goal in mind, such as completing every repetition of every exercise with complete focus, or hitting your target split times for each mile, means that you have a purpose for that PT session. "Purpose" is just another word for "intent," and this "intent" is what makes "intensity" possible.

DAILY GOAL → PURPOSE → INTENT → INTENSITY!

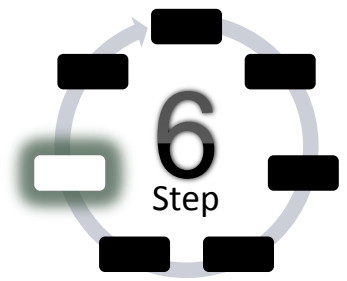
The most effective use of this technique involves setting both an action goal and an attitude goal for each day. These should be directly relevant to some aspect of your larger goal plan. A blend of the right actions and attitudes helps you consistently do the right things while focusing on the state of mind that will most help you reach your long-term goals. Record these daily goals in your planner, green book, BlackBerry, etc.

DAILY TO DO LIST:			
Today's Date: _____			
PRIORITY A, B, C	EST. TIME DUE DATE		CHECK WHEN COMPLETE <input checked="" type="checkbox"/>
		TODAY'S ACTION GOAL:	<input type="checkbox"/>
		TODAY'S ATTITUDE GOAL:	<input type="checkbox"/>

Commit Yourself Completely

"The difference between being involved and committed is like the difference between the pig's contribution and the chicken's contribution to a ham and eggs breakfast – The chicken is involved, but the pig is committed."

~ Martina Navratilova, World Champion tennis player



Securing Goal Commitment: Develop Ways to Trip Over Your Goals Everyday



What strategies might you adopt to keep your goals present in your mind? Be creative...

Examples: *Post my goals on my fridge so I see them daily.*

Use my goal sheet as my computer screen saver image.



KEY POINTS:

- ☐ Sacrifice, discomfort, and setbacks are a part of the process. Do not let them erode your confidence and motivation!
- ☐ Find creative and strategic ways to post your goals so that you trip over them everyday.
- ☐ Share your goals with team members and loved ones. They will reinforce your successes and hold you accountable when you're tired or distracted.

Goals work best when:

Written down, read daily, revised frequently

Continually Monitor Your Progress

"If you don't change your direction, you're going to end up where you're headed."
~Anonymous



Every day, you are given the opportunity to ask yourself, "Am I getting closer to what really matters to me?" This question can only be answered if you keep your eyes open and monitor your progress. Are you in fact getting closer? Is your action plan paying off? Are you recognizing your improvements and forward progress? When it comes to improvement, examining your progress is as important as making progress.



KEY POINTS:

- ☐ Track your goal progress daily and weekly, celebrate even the smallest victories, and identify new strategies to overcoming sticking points.
- ☐ Focus on your goal successes weekly to build motivation and confidence.
- ☐ Focus on your goal setbacks weekly to adapt and improve.
- ☐ Begin performance journaling. Spend a few minutes each day reflecting on the thoughts and actions that helped and hurt your goal progress.

PERSONAL GOAL IPR

This form requires your dedicated attention for about 10-15 minutes at the end of the week. Record three things that went well related to your goals. Also, record two things you want to improve for the next week based on your progress and results.

List three "Confidence Builders" based on your performance this past week. Consider your goal successes and progress made towards your goal when listing these items.

1. _____

2. _____

3. _____

List two "Competence Builders" based on your goal results from this past week. Consider areas that need improvement or more direct attention when listing these items. Be sure to include recommendations for next time.

1. _____

2. _____

YOUR PERSONALLY MEANINGFUL OUTCOME GOAL

Your 1st Priority Area

- ✓ 3 to 5 action statements aimed at this priority
- ✓ 3 to 5 belief statements to bring to your actions

Your 3rd Priority Area

- ✓ 3 to 5 action statements aimed at this priority
- ✓ 3 to 5 belief statements to bring to your actions

Your 2nd Priority Area

- ✓ 3 to 5 action statements aimed at this priority
- ✓ 3 to 5 belief statements to bring to your actions

Your 4th Priority Area

- ✓ 3 to 5 action statements aimed at this priority
- ✓ 3 to 5 belief statements to bring to your actions

Summary statement, unit motto,
or relevant quote

I am the Complete Warrior

Caring father and Role Model for Son

- I play with my son at least one hour every day.
- I use positive and meaningful language when I communicate with him.
- I give my son self-esteem by making him feel loved, accepted, and encouraged.
- I read books or sing songs to him every day.
- I teach him about ethics, morality, and the Bible.
- At every opportunity, I tell him, "I Love You."
- I participate in caring for my son by assisting with bathing, diaper changes, and feedings.
- My son and I have a strong and unbending relationship based on trust, respect, and love.

Compassionate and Dedicated Husband

- I always treat my spouse with respect.
- I tell my spouse I love her and express my appreciation for her commitment to our family every day.
- I allow for open communication with my spouse in regards to our experiences and feelings.
- I use respectful language when I communicate with my spouse.
- I coordinate one family activity each week to guarantee quality time outside the home.
- I plan two weeks of family vacation each year, focusing on quality lifetime experiences for our family.
- I stay relaxed at all times when I am with my spouse.
- My spouse and I have a strong and unbending relationship based on trust, respect, and love.

Strong and Supremely Fit

- I lift four times a week and hit every body part at least once a week.
- I lift with superior form, focus, and explosiveness.
- I become stronger and more fierce with each perfectly executed repetition.
- I conduct cardio training at least three times per week, gaining strength and endurance with each training session.
- I stretch after every workout; ensuring my muscles are prepared for recovery.
- I push through the burn when I run the staircases and the hills around post.
- I am as powerful as an ox...I handle myself in the arena!
- I play hurt...Pass the Mashed Potatoes!

Best Field Artillery Officer in Year Group

- I lead by example, seizing the moral high ground and choosing the harder right.
- I check my baggage at work and give 100%, 100% of the time.
- I remain focused and vigilant until the battle is won both in garrison or at war.
- I am a determined and dedicated leader in the valley and I am a humble and attentive leader on the mountaintop.
- I treat my co-workers with courtesy and respect.
- I am not satisfied with the status quo, and I constantly seek to improve myself and my organization.
- I am strong enough to handle success and man enough to handle my critics.
- I treat all my Soldiers with respect and dignity because they are my brothers.

I GRADUATE FROM RANGER SCHOOL IN 2010!

I steadily increase my physical fitness

- ✓ I lift shoulders and back twice a week for 40 minutes, varying the intensity of each workout.
- ✓ I run five days a week, averaging a 7:15 pace for at least 40 miles/wk.
- ✓ I swim at least once a week for 800 meters.
- ✓ I ruck march with a 35 lb pack six or more miles weekly.
- ✓ I shoulder more than my share of the task, whatever it may be, more than 100%.
- ✓ "If you want to shine, you got to burn."

I conduct mental preparations

- ✓ I talk to other Rangers for guidance.
- ✓ I read the book, "No Excuse Leadership".
- ✓ I keep a motivation tab in my patrol cap.
- ✓ I say the Ranger Creed nightly
- ✓ I am mentally alert, physically strong, and morally straight.
- ✓ I've survived food and sleep deprivation before and I know I can handle it again!
- ✓ My intestinal fortitude is rock solid and unwavering.
- ✓ "All in need now is to want it bad enough!"

I practice Infantry-based leadership

- ✓ I read a section from FM 7-8 at least three times weekly.
- ✓ I practice writing OPORDs.
- ✓ I carry the Ranger Handbook with me at all times.
- ✓ I listen to my imagery scripts weekly.
- ✓ I am a technically and tactically competent team player who makes my battle buddies successful.
- ✓ I know the basics of patrolling. I know the battle drills. I know troop leading procedures.
- ✓ Gallantly, I show the world that I am a specially selected and well-trained Soldier.

I stay healthy throughout my preparations

- ✓ I eat four healthy meals a day and stay hydrated by drinking 2 liters of water daily.
- ✓ I stretch before and after all workouts.
- ✓ I tend to my feet and deal with all blisters and hot spots before they become issues.
- ✓ My equipment is well-maintained and my boots are broken in and comfortable.
- ✓ I am fresh and injury-free on report day.
- ✓ Ranger School begins long before Ranger School begins.
- ✓ Pain is temporary, the tab is forever.



RANGER

RANGERS LEAD THE WAY

RANGER

BEST DRILL SERGEANT IN MY BDE



I AM AN EXPERT MARKSMAN AND TRAINER

- I attend AWG CATC training.
- I print and read all weapons FMs and TMs.
- I become the SME on the Engagement Skills Trainer.
- I use the BRM Imagery CD personally and with my Soldiers.
- I continually research close quarters battle, refine shooting techniques, and develop new training techniques.
- I'm the go-to guy and a team player.
- I shoot expert every time.
- I am the best shot in the battalion.



I SET THE STANDARD IN PT

- I max the APFT every time.
- I run 30 miles per week.
- I lift full body 3 times per week.
- I enter a race 2 times per year.
- I attain Combatives Level II Certification.
- I become a proficient swimmer.
- I bring relentless intensity to every PT session.
- I am a PT animal and everyone knows it!



I LEAD SOLDIERS FROM THE FRONT

- I do PT with Soldiers every day.
- I prepare fully for every class that I teach.
- I use combat experience to motivate and to make training realistic and relevant.
- I help my Soldiers set goals and I mentor them to achieve their goals.
- I am a dynamic leader and trainer.
- I am a compassionate leader with Soldiers who are struggling.

I CONTINUE TO DEVELOP MYSELF

- I attend Sniper School.
- I earn Sergeant Audie Murphy Club NLT 2010.
- I take three college classes per year towards my bachelor degree.
- I volunteer at my church.
- I maintain balance with my spouse and children.
- I learn something new every day.

"SURVIVE & THRIVE"

~My Deployment Plan~

MY BODY IS HEALTHY

- I attend 3 exercise classes/week to help release stress
- I eat a well-balanced diet including whole grains and 4 servings of fruit and vegetables each day
- I follow a sleep routine consisting of 8 hrs each night
- I try a new type of fun exercise 1 day per week
- "I become healthier, stronger, and empowered"
- "I am healthier than I was yesterday"
- "This is my time!"

MY MIND IS RESILIENT

- I set and evaluate goals as new challenges arise
- I practice my relaxation cards with complete focus and intention daily
- I use meaningful cues to help refocus my priorities and maintain a strong sense of self
- I reach out to my social support daily
- "My goals & cues make me more resilient everyday"
- "I am calm and able to tackle any challenge"
- "I am a strong support to my family & community"

MY HEART IS DEVOTED

- I create a gratitude board for my family to share 3 things to be grateful for each day
- I give support and compassion to my spouse
- I provide strength and comfort to my kids
- "A strong family is a strong future"
- "My pride and devotion carries me through all challenges... I am proud to be an Army Spouse."
- "I am grateful for..."
- "I am a role model within my family, my community, and the Army."

MY SPIRIT IS UNBREAKABLE

- I work everyday to build a powerful self image
- I remain patient with myself knowing that I cannot control everything
- I focus on being more aware of the needs of others and am available to help
- "I am grateful for the positive aspects of my life, and reflect on these things each day."
- "I appreciate my strengths today"
- "Let go... Let God"
- "3 Strikes and I am NOT out!"

I get promoted to E-6 by 2011

I INCREASE MY MILITARY AND CIVILIAN EDUCATION

- I attend WLC on March 30th 2010
- I graduate WLC NLI mid April 2010
- I do one correspondence course a week
- I speak to an Education Counselor this week
- I research different colleges and degree programs this weekend
- I enroll in criminal justice program ASAP
- I take at least two college courses each semester

- "Study hard today, Play hard tomorrow."

I INCREASE MY PHYSICAL FITNESS

- I run at least 2 miles on Tuesdays, Thursdays, and Saturdays after work
- I do an upper body workout on Mondays
- I do a lower body workout on Wednesdays
- I do an abdominal workout on Fridays
- I limit fast food to once a month
- I drink at least 6 bottles of water daily for hydration purposes
- "Hit 'em hard, Hit 'em Fast"

I DEVELOP MY LEADERSHIP SKILLS

- I focus on teaching, coaching, and mentoring my Soldiers everyday
- I develop my counseling skills by reviewing FM 6-22 Appendix B once per month
- I take on one new responsibility each month
- I give my Soldiers one new responsibility each month
- I review my Soldiers' performance when given a new responsibility each month

I EXPAND MY MILITARY KNOWLEDGE

- I study one section from the Army Study guide every evening
- I read FM 6-22 (Army Leadership), FM 7-0 (Training the Force), and FM 7-1 (Battle Focused Training) in the next 4 months
- I study one Warrior Task or Battle Drill per week
- I learn about one Army Program a day



GOAL SETTING WORKSHEET

Outcome Goal _____



Priority Area

Action Statements

Belief Statements

Priority Area

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What image will you use, as a background for this goal sheet, to motivate you?

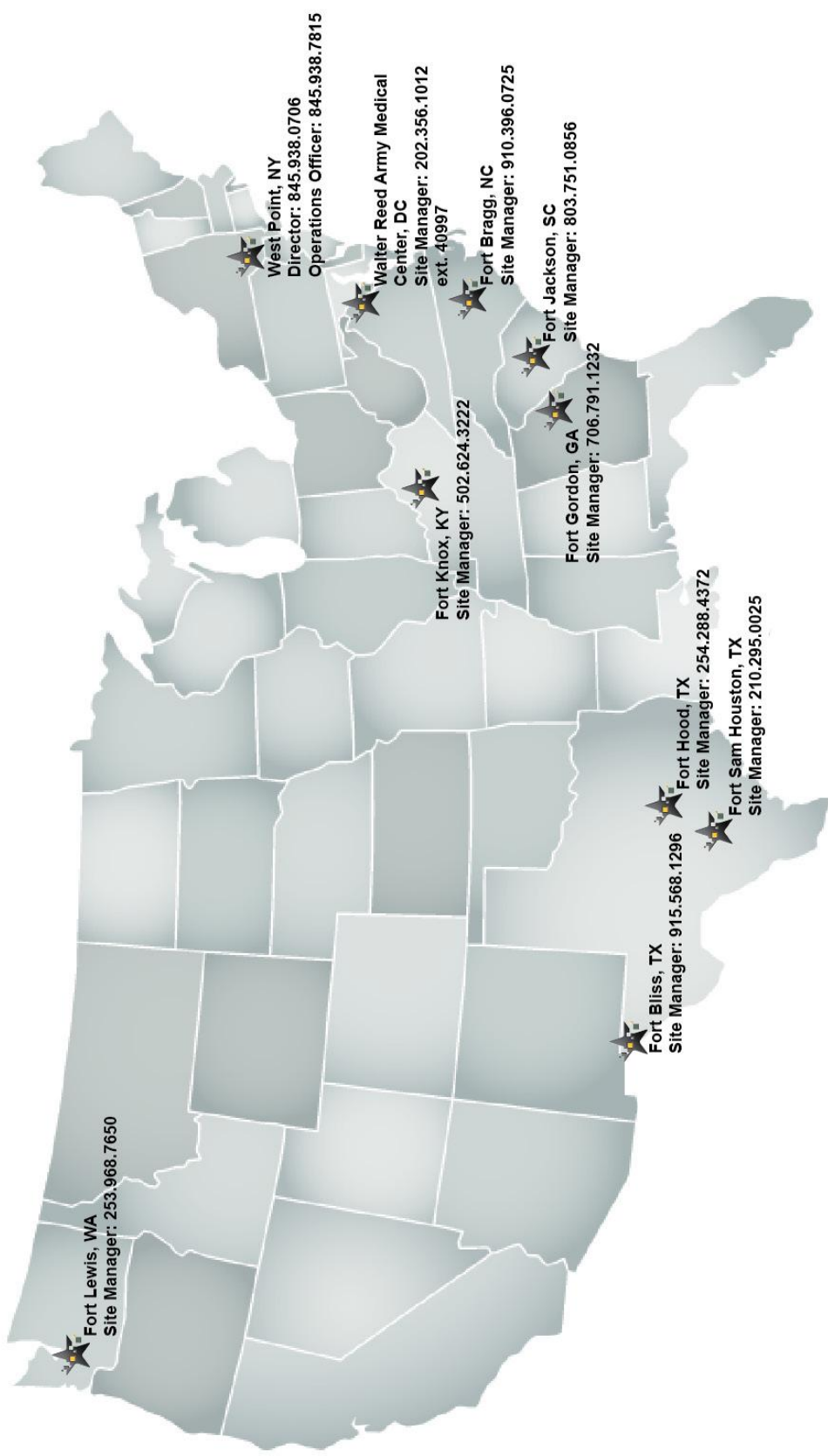
How will you trip over this goal sheet daily?



ACEP

Army Center for
Enhanced Performance

Site Locations and Contacts



Army Center for Enhanced Performance
745A Brewerton Road,
U.S. Military Academy, West Point, NY 10996
(845) 938-2871
acep.army.mil

MENTAL STRENGTH FOR LIFE

